

# Nutritional Icons

## IDENTIFICATION GUIDE

Students with special dietary needs should look for these labels. We are committed to providing balanced selections for all customers.

**Please contact a Culinary Services manager or email [culinarydietitian@ohio.edu](mailto:culinarydietitian@ohio.edu) with questions.**



These items are produced in the Gluten Free Kitchen and sealed prior to distribution, or are represented as Gluten Free from the manufacturer.



Items with this label do not contain ingredients that have gluten. They are free of wheat, barley, rye, malts and triticale.



These items contain various lactose products, including: milk, butter, yogurt, cheese, sour cream or dairy.



While not strictly Halal, these products are prepared following the basic principles, including no pork and no alcohol.



These items have been prepared with no animal or dairy products, including: honey, gelatin or rennet.



These items have been prepared with products containing soy.



While not truly Kosher, these products are prepared embracing the basic principles: no pork, no meat and dairy together and no shellfish.



Items with this label have been prepared with eggs or products containing eggs.



Items with this label contain no meat, poultry or seafood.



Items with this label contain ingredients made with fish, shellfish and/or other seafoods.



Items with this label contain nuts.



Identifies foods that are grown, raised and processed within 250 miles of Ohio University.